

## 15 Minute Stir Fried Chicken & Asparagus

This recipe gives you a quick and easy way to enjoy the delicious tastes of chicken and asparagus. It has a lot of flavor, especially for so few ingredients, and can be made in just 15 minutes from start to finish. Our Healthy Stir-Fry cooking method makes this dish even healthier because it uses no heated oils.



**Prep and Cook Time:** 15 minutes

### Ingredients:

- 1 medium onion cut in half and sliced medium thick
- 1 bunch asparagus cut into 1 inch lengths (about 2 cups when cut) discard bottom fourth
- 1 TBS chicken broth
- 1 TBS minced fresh ginger
- 3 medium cloves garlic, pressed
- 1 large boneless, skinless chicken breasts cut into 1 inch pieces
- 2 TBS soy sauce
- 1 TBS rice vinegar
- pinch red chili flakes
- salt and white pepper to taste

### Directions:

1. Heat 1 TBS broth in a stainless steel wok or 12-inch skillet. Healthy Stir Fry onion and asparagus in broth for about 3 minutes over medium high heat, stirring constantly.
2. Add ginger, garlic, chicken, and continue to stir-fry for another 3-4 minutes stirring constantly.
3. Add soy sauce, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. This may have to cook for an extra couple minutes if the asparagus is thick. Season with salt and pepper to taste.

**Serves 2**

### Serving Suggestion:

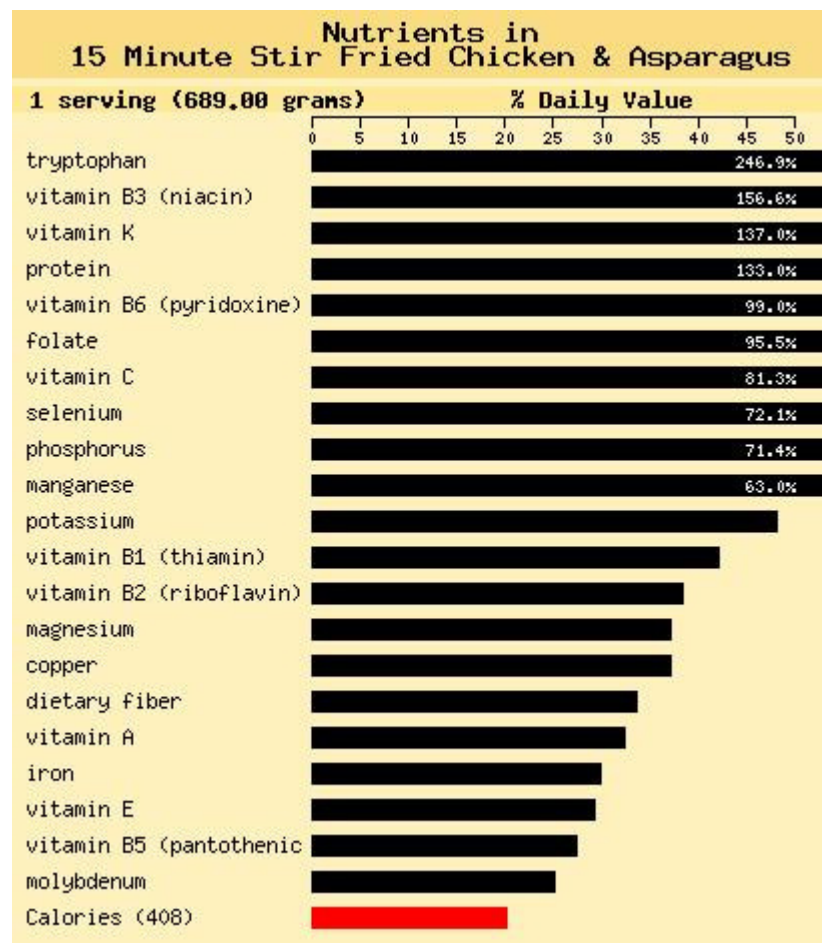
Serve with

- Rice & Cucumber, Seaweed Salad

### Healthy Cooking Tips:

You may have to vary the cooking time of onion and asparagus according to the thickness of the asparagus. Cook an extra minute or two if the asparagus is thick. Do this before adding the rest of the ingredients so the chicken doesn't get overcooked. It will become tough

## Nutritional Profile



## Introduction to Recipe Rating System Chart

The following chart shows the nutrients for which this recipe is either an excellent, very good or good source. Next to the nutrient name you will find the following information: the amount of the nutrient that is included in the noted serving of this recipe; the %Daily Value (DV) that that amount represents (similar to other information presented in the website, this DV is calculated for a 25-50 year old healthy woman); the nutrient density rating; and, the recipe's World's Healthiest Foods Rating. Underneath the chart is a table that summarizes how the ratings were devised. Read more detailed information on our [Food and Recipe Rating System ...](#)

15 Minute Stir Fried Chicken & Asparagus				
1.00 serving				
689.00 grams				
408.40 calories				
Nutrient	Amount	%DV	Nutrient Density	World's Healthiest Foods Rating

tryptophan	0.79 g	246.9	10.9	excellent	
vitamin B3 (niacin)	31.31 mg	156.6	6.9	excellent	
vitamin K	109.57 mcg	137.0	6.0	excellent	
protein	66.50 g	133.0	5.9	excellent	
vitamin B6 (pyridoxine)	1.98 mg	99.0	4.4	excellent	
folate	381.89 mcg	95.5	4.2	excellent	
vitamin C	48.81 mg	81.3	3.6	excellent	
selenium	50.50 mcg	72.1	3.2	very good	
phosphorus	713.56 mg	71.4	3.1	very good	
manganese	1.26 mg	63.0	2.8	very good	
potassium	1680.80 mg	48.0	2.1	good	
vitamin B1 (thiamin)	0.63 mg	42.0	1.9	good	
vitamin B2 (riboflavin)	0.65 mg	38.2	1.7	good	
magnesium	148.42 mg	37.1	1.6	good	
copper	0.74 mg	37.0	1.6	good	
dietary fiber	8.39 g	33.6	1.5	good	
vitamin A	1612.00 IU	32.2	1.4	good	
iron	5.36 mg	29.8	1.3	good	
vitamin E	5.86 mg	29.3	1.3	good	
vitamin B5 (pantothenic acid)	2.74 mg	27.4	1.2	good	
molybdenum	18.90 mcg	25.2	1.1	good	
<b>World's Healthiest Foods Rating</b>	<b>Rule</b>				
excellent	DV>=75%	OR	Density>=7.6	AND	DV>=10%
very good	DV>=50%	OR	Density>=3.4	AND	DV>=5%
good	DV>=25%	OR	Density>=1.5	AND	DV>=2.5%

## In Depth Nutritional Profile for 15 Minute Stir Fried Chicken & Asparagus

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